

# Journal

2013 • 2014 | ENGLISH VERSION



PARC NATIONAL DU  
**MONT-TREMBLANT**



# MESSAGE FROM THE MINISTER



In 1999, the Government of Québec entrusted Société des établissements de plein air du Québec (Sépaq) with the mission of managing, protecting and developing Québec's network of national parks located above the 50<sup>th</sup> parallel. Overall, there are now 22 national parks across the different regions of Québec. A marine park operated jointly by Parcs Québec (Sépaq) and Parks Canada has been added to these many natural sites of outstanding beauty.

Every day, staff members at the national parks strive to preserve these unmatched natural resources for the enjoyment of visitors from Québec and abroad. Measures are implemented on a daily basis to preserve a legacy of exceptional sites for future generations. Emphasizing the benefits of nature on young people is therefore important, so that the generations to come know how to make the most of Nature's wonders and deal with the protection and conservation challenges to be faced in the future.

New premises will open in 2013 at Parc national du Lac-Témiscouata, the latest addition to the Parcs Québec network. The park was officially established in 2009 to protect a representative sample of natural sites at Monts Notre-Dame. Parc national du Lac-Témiscouata features quality infrastructures in line with national park standards. This protected area is actually renowned for its wetlands and its ornithological and archaeological wealth. I invite you to come and discover the park this summer.

A third national park north of the 50<sup>th</sup> parallel will also be created following the Pinguiluit and Kuururjuaq projects. Covering 26,000 km<sup>2</sup> of land, Parc national Tursujuq will allow us to achieve the 9% mark of protected areas across Québec. Like the other two northern parks, the management and development of this new territory is entrusted to the Kativik Regional Government.

Clearly, the range of protected areas is expanding with each passing year. In your vicinity or on the road to your summer holidays, you are sure to find a park to explore. Enjoy a wonderful season of discovery at your national parks!

Yves-François Blanchet  
Minister of Sustainable Development, Environment, Wildlife and Parks

## THE MISSION OF PARCS QUÉBEC

With a view to achieving harmonious development at the cultural, social, economic and regional levels, Parcs Québec is responsible for the conservation and development of territories that are representative of Québec's 43 natural regions and exceptional sites, due notably to their biological diversity, while ensuring that they are accessible for educational and outdoor use.

All of Québec's national parks were created in accordance with World Conservation Union standards. A national park is a relatively vast area:

- ▶ that represents one or more ecosystems that are moderately or not at all transformed by exploitation;
- ▶ where animal and plant species, geomorphological sites and habitats are of particular interest from a scientific, educational or recreational viewpoint, and that offers scenery of great beauty;
- ▶ in which the highest competent authority of the country has taken measures to eliminate exploitation and to instill respect for the ecological, geomorphological or aesthetic aspects on the whole;
- ▶ where a visit is authorized, under certain conditions, for educational, cultural or recreational purposes.

## DISCOVER QUÉBEC'S NATIONAL PARKS





# THE MUST-DOS



## VIA FERRATA

**A mountain experience that's a feast for the eyes!**

Erected on the rocky face of La Vache Noire at the entrance to the La Diable Sector, the Diable Via Ferrata offers four routes for beginner, intermediate and advanced levels. You're accompanied by a professional guide and all the equipment is provided. Scenic views guaranteed! *Details on page 13.*



## DISCOVERY ACTIVITIES

**For people of all ages who are curious about nature.**

The park offers more than 20 discovery activities: the meanders of Rivière du Diable, wolf tales, sea kayaking with the loons, the beaver's craft, scary bears—to name only a few. Activities are led or guided by our park warden-naturalists. There are also several self-guided discovery circuits. *Details on pages 8 to 12.*



## MULTIPURPOSE TRAILS

**Attention, bikers and hikers!**

There are two superb, well-maintained trails with picnic areas, for you to explore on foot or by bicycle. Both pass by some beautiful waterways. In the La Diable Sector: La Boucle des Chutes-Croches is an easy route that's 13.4 km long. In the L'Assomption Sector: La Boucle du Lac-de-L'Assomption is an intermediate 7-km path. *See the table on page 12.*



## FASCINATING WATERFALLS

**Discover them again and again!**

There are three waterfalls—each one unique—for you to discover. Chute du Diable and Chutes Croches in the La Diable Sector have easily accessible hiking trails and observation decks. The waterfall at Chute-aux-Rats in the La Pimbina Sector is over 17 metres high, and there is a well-equipped picnic area where you can enjoy a snack and a great view of the falls.



## WINTER IN THE PARK

**Commune with nature in enchanting surroundings.**

There are many who visit the park in the spring, summer and fall, but the winter remains a well-kept secret with a lot to offer. The La Diable and Pimbina Sectors are open from mid-December to the end of March and offer experiences that are tailor made for all, in the hushed calm of winter. Stay in a cabin, yurt or hut, and spend some time cross-country skiing, backcountry skiing or snowshoeing. *Details on page 19.*

# WELCOME

Parc national du Mont-Tremblant is the oldest of Quebec's national parks, and it covers 1,510 km<sup>2</sup>, making it the largest park south of the 49<sup>th</sup> parallel. Discover the park's three sectors that stretch out over five municipalities, from east to west. Take your time and explore the park step by step, because it has so much to offer. It's a vast territory dotted with some 400 lakes, 6 rivers and forested hills. Created in 1895, it was originally called Parc de la Montagne-Tremblante (trembling or shaking mountain). It is home to 45 mammal species, including the park's animal emblem, the wolf, and other notables such as moose, white-tailed deer, black bears and beavers. There are also 206 species of birds, 36 fish species, 20 types of amphibians and reptiles, and its flora is no less abundant. This immense and wild sample of the Southern Laurentian region is a treat for all outdoor enthusiasts, and everyone can enjoy an experience tailor-made for them. The park offers a very wide range of activities, diverse campsites and accommodations, and services to meet almost every need. Discover it anew, as if it were your first visit!



## ACCESS RATES FROM APRIL 1<sup>st</sup> 2013 TO MARCH 31<sup>st</sup> 2014

CATEGORY OR GROUP	DAILY RATES	ANNUAL PARK CARD	ANNUAL NETWORK CARD
Adult (18 or over)	\$6.50	\$32.50	\$58.50
Child (6 to 17)	\$3	\$15	\$27
Child (0 to 5)	Free	Free	Free
1 adult with children 6 to 17	\$9.50	\$47.50	\$85.50
2 adults with children 6 to 17	\$13	\$65	\$117
Organized adults group	\$5.75	N/A	N/A
Organized youth group (aged 6 to 17)	\$2.50	N/A	N/A
School or student group	Free	N/A	N/A

Taxes included. Annual Park or Network card is valid for 12 months.  
The prices, terms and services mentioned in this journal are subject to change without notice.

## Your Safety : Your Responsibility



Outdoor activities can involve certain risks. Make sure that you have the skills and abilities required for the activity you choose. It is important to know the risks inherent to this activity, to respect your limits and to use appropriate equipment. For more information, we invite you to consult our Web site at [sepaq.com](http://sepaq.com).

## REGULATIONS



To contribute to improving the quality of the park experience, an entry fee was established by the government. You must always carry your receipt or your annual card during your visit.



To preserve the natural riches for future generations, it is prohibited to remove natural elements (animals, plants, dead wood, rocks, etc.).



The flora is sensitive to being trampled. If we multiply the impacts of thousands of visitors, it's easy to understand why it is mandatory to stay on the hiking trails.



Nature exhibits exemplary equilibrium. The animals find everything they need to eat here, and that is why feeding wildlife is prohibited. In this respect, it is also prohibited to leave food or garbage unsupervised. Keep them in your car.



Domestic animals are prohibited in Québec's national parks. But guide dogs and service dogs accompanied by their foster families are admitted. However, these dogs must be easily identifiable, wearing the Mira scarf or harness. Those in charge of the animal must carry the foundation's letter of accreditation.



It's great to enjoy an authentic natural environment that is clean and healthy! Carry out your garbage, leave it in the containers provided, and take home any harmful substances, such as soap, oil, combustibles or pesticides.



For the preservation of the milieu and for your safety, only a certain number of activities are allowed in these parks. Plan your visit and first check the list of activities that are allowed in the parks you plan to visit.

# NEW ATTRACTIONS

## YOU'RE INVITED TO THE DISCOVERY CENTRE

Now there's a new starting point for your discovery of this vast and splendid protected territory. Located on the edge of Lac Monroe, in the La Diable Sector, the new Discovery Centre is a simple, original, modern and low-environmental-impact building. Come check out this lively, animated and fun spot! At the Discovery Centre, you can plan your stay, learn about some of the area's finer points or just browse the pleasant site that showcases the park you are visiting.

*Available in all four seasons: amphitheatre for discovery activities and evening talks / terrace / information centre / discovery and Park Path area / community hall / Boutique Nature / food products. Winter: rental centre / waxing room.*



## PARK PATH: A GUIDE JUST FOR YOU

Welcome to the Park Path experience. This new approach to discovering, exploring and getting to know your national parks is now available at Parc national du Mont-Tremblant, from the Discovery Centre. You can consult the interactive "Park Path Explorer" terminal before or after your visit, at the park or at home. The mobile application offers a guided discovery tour of routes through the park, on your iPad (available for loan, free of charge). This tool is sure to appeal to people of all ages who are eager to learn.

## NATURE AND EXP CABINS: COMFORT IN NATURE AND IDEAL BASE CAMPS

We now offer 15 new four-season cabins. They provide all the comfort you need to enjoy the abundant activities located nearby. Ten new Nature Cabins: these compact, comfortable, all-wood cabins are well equipped and can accommodate four people. There are five units at Lac Chat, in the La Diable Sector, and five at Lac Provost, in the La Pimbina Sector.

Watch for the arrival of a new generation of accommodations that are in harmony with nature. EXPERIENCE the calm of a peninsula along Grand Lac Monroe, at the heart of a beautiful forest. Original architecture maximizes space and minimizes the impact on the surroundings. Here, wood has pride of place. Comfort combines with intimate contact with nature, for an unforgettable EXPERIENCE. Suitable for two people (and two small children) at an affordable price. Five units are available in the La Diable Sector in summer 2013.



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# THE PARK'S WILDLIFE AND YOU

## L'ASSOCIATION DES AMIS DU PARC DU MONT-TREMBLANT

is a non-profit organization whose members want to contribute to developing knowledge about the park's ecology and fostering a park culture, while maintaining the territory's integrity, with a view to upholding its educational, recreational and conservation missions over the long term.

Over the years, les Amis du Parc du Mont-Tremblant have been involved in various causes to promote the respect of the park's status as a protected area. In partnership with the park's management and conservation service, we have participated as volunteers in chores, cleaning, tree planting and regenerating damaged sites. In the summer and fall, we organize guided hiking tours.

Parc du Mont-Tremblant is an oasis of peace and beauty. We would like to have more friends discover it. Therefore, we would like to invite you to become a member of our organization.

Parc du Mont-Tremblant is a collective asset. We have a social responsibility to preserve it while benefitting from its attractions.

### To contact us :

parcamis@gmail.com

450 560.9446

or visit our website:

[www.amisduparcmonttremblant.org](http://www.amisduparcmonttremblant.org)



## SHARING THE LAND WITH BEARS AND WOLVES

If you see a worrisome bear or a wolf, do not approach. Advise a park employee. A park warden will decide if action is required.

### At the Campgrounds

Food smells can make animals lose their fear of humans. Take these precautions:

- Keep your site clean.
- Don't leave anything that has a smell (food, toothpaste, trash) on your site or in your tent—even during the day. Stow them in the trunk of your vehicle.
- Regularly dispose of your trash in our bear-resistant containers.
- Don't throw cooking grease or leftovers into the fire pit.
- Wash your dishes after every meal.
- Don't cook in your tent.
- On canoe-camping trips, store all food in bags and suspend them from the provided bear posts or on a rope strung between two trees.

### While Hiking

- Don't bring strong-smelling food. If necessary, use air-tight containers.
- Make noise and talk while you walk.
- Be watchful.
- Stay in a group.
- Keep children near you.
- Use a flashlight at night.



## WHAT TO DO IF YOU SEE...

### ... A BEAR:

- Make your presence known.
- Don't turn your back to it.
- Immediately pick up your food and trash.
- Try to frighten the animal. If it doesn't take off, slowly retreat toward your vehicle or other safe location.

### ... A WOLF:

- Make your presence known.
- Move away.
- Do not feed it.
- Do not imitate its howl.
- Do not crouch down to its level.
- Do not prolong the encounter by using words or gestures.
- Never allow it to come closer than 50 metres.

## WHY COLLECTING DEADWOOD IS PROHIBITED? A FOREST THAT'S RICH IN DEADWOOD WILL BE RICH IN PLANT AND ANIMAL SPECIES.

### Ground Cover

In the forest, mushrooms are mainly responsible for the decomposition of lifeless trees. As they digest tree trunks, the mushrooms' filaments, which look like long microscopic hairs with many branches, burrow into the trunks. This releases the tree's nutrients back into the soil. This creates rich humus in the forest, which then allows the forest to be recolonized. And, because decomposing wood has a coarse texture, it retains water and nutrients.



### Dead but Teeming with Life

Mushrooms need a lot of oxygen for implantation. And they find it in dead trees, which are teeming with ant colonies tunnelling into the wood. When the colony dies away, the tunnels are left behind, promoting air circulation that is ideal for the implantation of decomposer mushrooms.

There are also several other living organisms that use deadwood: The ruffed grouse nests under woody debris. The Northern flicker feeds on the insects and plants that live in the trees' rich humus. The blue-spotted salamander lays its eggs there. And for the seeds of many plants (trees, ferns, mosses, etc.), it's the ideal place to germinate.

When thousands of campers look for deadwood around their campsite and trample the soil, this compromises the regrowth of young trees and shrubs, which are needed to create vegetation screens between campsites to make them more private.

By following the regulation prohibiting the collection of deadwood, you are helping to keep the soil fertile, to preserve animal and plant communities, and to keep the sites private.



## FEEDING THE ANIMALS IS PROHIBITED

Even an innocent action like leaving a bag of potato chips unattended, or giving a chipmunk or raccoon a peanut can have a harmful impact over the medium or long term. Imagine the repercussions if each one of our 400,000 visitors gave a peanut to the animals!

Feeding the animals makes them dependent on humans and changes their behaviour (boldness, aggression, possible biting and transmission of disease).

And when prey become used to humans, what happens to the predators (black bears, wolves)? They come near the campgrounds to look for their food. And they too gradually become used to the presence of humans. They are roaming nearby.

# DISCOVERY ACTIVITIES SCHEDULE

## SPRING / June 1<sup>st</sup> to June 16

Day	Sector	Time	Duration	Activity	Description	Meeting Places
Saturday	Diable	11 am to 1 pm	10 min	Info-Nature Time	Information session	Discovery Centre
		2 pm to 4 pm	10 min	Info-Nature Time	Information session	Discovery Centre
	Pimbina	11 am to 2 pm	10 min	Info-Nature Time	Information session	La Pimbina Information Kiosk
Sunday	Diable	11 am to 2 pm	10 min	Info-Nature Time	Information session	Discovery Centre

## SUMMER / June 22 to September 2<sup>nd</sup> From August 26 to 30, only « Meandering Diable », « Sea kayak with loons », « Info-Nature Time » and Talk Under the Big Top will be available.

Day	Sector	Time	Duration	Activity	Description	Meeting Places
Everyday	Diable	10 am	3 h	Discover the Meandering Diable <b>\$ C</b>	Canoe	La Sablonnière Campground Bridge
		10 am to 12 pm	10 min	Info-Nature Time	Information session	Discovery Centre
Saturday	Diable	9 am	4 h	Sea kayak with loons <b>\$ C</b>	Sea kayak (12+)	Discovery Centre
		4 pm	1 h	Deer vs Moose	Animated Activity	La Crémaillère Beach
		6:30 pm	1 h 30	On the water at Twilight <b>\$ C</b>	Canoe	Ⓟ L'Étroit Parking
		7:30 pm	45 min	Beavers at work	Talk	Discovery Centre
		9 pm	1 h	Wolf Story	Talk	Discovery Centre – Fire pit
	Pimbina	4 pm	1 h	Whose Nest Is This?	Animated Activity	Lac-Provost Beach <sup>1</sup>
	L'Assomption	7 pm	1 h 30	Profession: Beaver! <b>\$ C</b>	Randonnée pédestre	Lac-des-Sables Information Kiosk
Sunday	Diable	9 am	4 h	Sea kayak with loons <b>\$ C</b>	Sea kayak	Discovery Centre
		4 pm	1 h	Whose Nest Is This?	Animated Activity	La Crémaillère Beach
		7:30 pm	45 min	For Loons to Sing	Talk	Discovery Centre
	Pimbina	1:30 pm	1 h 30	Canoe Lajoie <b>\$ C</b>	Canoe	Ⓟ Geai bleu Shoreline
	L'Assomption	10 am	1 h	An Eventful Night with the beaver Family	Family Activity (5 to 8 yrs old)	Behind the Grand-Pin rental Centre
Monday	Diable	7:30 pm	45 min	The Jewel of the Southern Laurentians	Talk	Discovery Centre
Tuesday	Diable	4 pm	1 h	Afraid of Bears !?	Animated Activity	Lac-Escalier Shoreline
		6:30 pm	1 h 30	On the water at Twilight <b>\$ C</b>	Canoe	Ⓟ L'Étroit Parking
		7:30 pm	45 min	Weasels and Co.	Talk	Discovery Centre
Pimbina	4 pm	45 min	The Wolf : Myths and Realities	Animated Activity	Lac-Provost Beach <sup>1</sup>	
Wednesday	Diable	9 am	4 h	Sea kayak with loons <b>\$ C</b>	Sea Kayak	Discovery Centre
		3 pm	1 h	Deer vs Moose	Animated Activity	La Crémaillère Beach
		6:30 pm	2 h	Travel Back in Time in a Rabaska <b>\$ C</b>	Rabaska	Discovery Centre – Fire pit
		7:30 pm	45 min	Prowlers Among Us	Talk	Discovery Centre
	Pimbina	4 pm	1 h	Whose Nest Is This?	Animated Activity	Lac-Provost Beach <sup>1</sup>
Thursday	Diable	4 pm	1 h	The World of Transformations	Family Activity (5 to 8 yrs old)	La Crémaillère Beach
		7:30 pm	45 min	Rare Means Fragile	Talk	Discovery Centre
		9 pm	1 h	Wolf Story <b>C</b>	Talk	Discovery Centre – Fire pit
	Pimbina	1 pm	1 h 30	Lajoie canoe <b>\$ C</b>	Canoe	Ⓟ Geai bleu Shoreline
		4 pm	1 h	Deer vs Moose	Animated Activity	Lac-Provost Beach <sup>1</sup>
Friday	Diable	4 pm	1 h	Whose Nest Is This?	Animated Activity	Lac-Escalier Shoreline
		7:30 pm	45 min	La Diable in the Drive Era	Talk	Discovery Centre

**\$** Priced activities payable upon reservation. Please refer to pages 10-11 for Description of Activities and Fees

**C** Reservations required at the Information Kiosks or by phone at 819-688-2281. Please notify us if you wish to cancel.

<sup>1</sup> In case of rain, the activity will be held in a sheltered location, but the meeting place will stay the same.)

Special activities on June 24, July 1 and September 2.  
Find out more at the Information Kiosks.



For more  
on organized  
discovery activities,  
see pages  
10 and 11

**FALL /** September 7 to October 6

Day	Sector	Time	Duration	Activity	Description	Meeting Places
Saturday	Diable	9 am	4 h	Sea Kayak with loons <b>\$ C</b>	Sea Kayak	Discovery Centre
		11 am to 1 pm	10 min	Info-Nature Time	Information session	Discovery Centre
		2 pm to 4 pm	10 min	Info-Nature Time	Information session	La Roche Trail
Sunday	Diable	11 am to 1 pm	10 min	Info-Nature Time	Information session	Discovery Centre
		2 pm to 4 pm	10 min	Info-Nature Time	Information session	Discovery Centre
	Pimbina	11 am to 2 pm	10 min	Info-Nature Time	Information session	La Pimbina Information Kiosk

**\$** Priced activities payable upon reservation. Please refer to pages 10-11 for Description of Activities and Fees  
**C** Reservations required at the Information Kiosks or by phone at 819-688-2281. Please notify us if you wish to cancel.

# SPECIAL DISCOVERY ACTIVITIES

## SEA KAYAK WITH LOONS

You love nature? You are comfortable on the water and dream of taking part in a wildlife inventory? Enjoy a unique experience: a day spent sea-kayaking on a large lake, accompanied by a park warden–naturalist, and helping to gather information on the reproduction of the common loon.

Minimum age: 12, (Children under 16 years old must be accompanied by an adult in the kayak) Transport, sea kayaks, life jackets, paddles provided, small snack and initial training in sea kayaking included.

**Rates, taxes not included:**

Adults : \$55  
 Children between 12 and 17 ans : \$27.50



## DISCOVER THE MEANDERING DIABLE

A bilingual guided canoe ride on a quiet, meandering part of the Rivière du Diable. A park warden–naturalist will guide you and share knowledge with you throughout the journey. Transport, canoes, floatation vests and paddles are supplied.

Young people under 15 must be accompanied by an adult.

**Rates, taxes not included:**

Adult: \$50  
 Children from 6 to 17 yrs old: \$25  
 Infant (under 6): free

Reservations  
required at  
Information Kiosks  
or at 819-688-2281  
Transportation  
included



# DESCRIPTION OF ACTIVITIES AND FEES



## Spring Bird Census

Annual meeting for bird lovers May 26 & May 27, throughout the park. Details available at the Information Kiosks.



## Guided Water Activities

For these activities, canoes, life jackets and paddles are provided. Participants must know how to canoe, and young people under the age of 15 must be accompanied by an adult.

### Canoe Lajoie

Climb aboard a canoe and explore Lac Lajoie with us! You'll learn about the various elements that influence life in the lake. Discover the flora and fauna that depend on this protected environment and find out how important the ever-present water is to the park. Rates (taxes not included): Adults: \$8.86, children 6 to 17: \$4.43, 6 and under: free; payable upon reservation.

### On the Water at Twilight

There is nothing better than a guided canoe trip in a marsh at twilight to understand the importance of wetlands for the park fauna. Rates (taxes not included): Adults: \$8.86, children 6 to 17: \$4.43, 6 and under: free; payable upon reservation.



### Travel Back in Time in a Rabaska!

The landscape, animals and forests have always attracted humans to the park's territory. Take a rabaska on the magnificent lac Escalier, and relive the most important eras of human occupation, from aboriginal peoples to today. Rates (taxes not included): Adults: \$8.86, children 6 to 17: \$4.43, 6 and under: free; payable upon reservation.



## Guided Hike

### Profession: Beaver!

Which animal, besides the human, causes so much change to its environment? Get a glimpse of the area inhabited by the beaver, on this easy hike guided by a park warden-naturalist. In French only. Ten-minute drive by car on a dirt road. Bring a flashlight, insect repellent and long-sleeved garments and pants.



## Animated Activities

### Deer vs. Moose

Have you ever seen a white-tailed deer or a moose on your meanderings through Parc national du Mont-Tremblant? These two animals belong to the same family and share many characteristics, yet they are still very different. Have fun playing the bean bag toss to learn about these two cervid species living in the park. Bring your own chairs.

### Of Fish and Men

Take advantage of this outdoor activity to become familiar with the park's typical fish species. Whether you like fishing or not, you may be surprised to find out what species lurk in our lakes! Bring your own chairs.

### The Wolf: Myths and Realities

Who's never heard of the "big bad wolf?" This quiz demystifies the wolf, the fascinating predator that is also the emblem of the Parc national du Mont-Tremblant. Bring your own chairs.

### Afraid of Bears!?

Everyone is concerned about black bears. Some people are attracted to this animal, while others are irrationally afraid of it. Where do you fit in? Come take part in a game that makes you appreciate this mammal that roams the park's territory. Afraid or not, be there! Chairs required except at the Discovery. Big Top

### Whose Nest Is This?

Every year, thousands of birds of all sizes make their nests in the park's various habitats. Why do they come here? How can we recognize them? The whole family can play this interactive game to find the answers. Bring your own chairs.

## Self-Guided Discovery Circuits

You are on vacation and want nothing to do with schedules and groups? You would like to learn more about the park's history and nature, but at your own pace? If this sounds like you, then we offer traildiscovery brochures that might interest you. To find out more about these trails, please refer to the corresponding part of the Hiking Guide (page 12). A discovery brochure is also available for the selfguided river trip Les Méandres.



All those activities are available in French only

## On rainy days,

a park warden–naturalist presents a film under the Discovery Big Top at 2:00 p.m. The activity will be announced on the same day at the Lac-Monroe Visitors Centre.



## Do You Have Your Passport?

You are aged between 5 and 12? Each time you attend a discovery activity, you can get your passport stamped. The more often you participate, the more chances you have to win one of five park T-shirts, free access to a discovery activity with an admission fee, or a two-night stay in a Huttopia tent for two adults and two children.



## Talks

### Beavers at Work

Why do beavers build dams? Why do so many of these semi-aquatic mammals live in Parc national du Mont-Tremblant? This presentation, accompanied by pictures, will tell you all you ever wanted to know about beavers!

### Weasels and Co.

The mustelid family is a family of mammals that's very well-represented in the park, which is home to eight of the nine species that are indigenous to Quebec! This talk gives you a better understanding of these discrete yet very active animals. Come meet this family. It's well worth knowing!

### La Diable in the Drive Era

A lively talk that brings you back to an important part of the park's history: the lumberjack and log-driver era.

### The Jewel of the Southern Laurentians

The Parc national du Mont-Tremblant is Quebec's oldest park. Come get more familiar with the main characteristics of this vast territory. You'll discover why the park has attracted people for so long.

### Rare Means Fragile!

Rarity is always fascinating. However, when we are talking about species and survival, it also means that species are fragile, or even vulnerable and endangered. Through this illustrated talk, you will discover some of the park's treasures.

### Prowlers Among Us

Observing wildlife is one of the great activities you can do in the park. While most species make themselves scarce, some of them can actually be friendly. This lively activity invites you to "unmask" the prowlers of the Parc national du Mont-Tremblant.

### For Loons to Sing

What's more typical of the Laurentians than the spellbinding song of the common loon? This activity includes a talk in the La Diable sector and a trivia quiz at La Pimbina. It will help you discover how the park and its visitors can protect this fragile population. Chairs required except at the Discovery Big Top.

### Wolf Story

While sitting around a campfire, you will follow with your imagination the nocturnal adventures of those fascinating predators that live in the park: wolves. This story, told under the stars, will hold you spellbound. Flashlight required. Subject to cancellation due to weather; 15-minute car ride on a dirt road.

Meet up at the Discovery Centre fire pit.

## Family Activities

### The World of Transformations

Children grow, but dragonflies, frogs and other park animals "transform"! Parents and children are invited to take on challenges to discover the steps that animals along the water must take to become big. Bring your own chairs.

### An Eventful Night with the beaver Family

Campers sleep at night. What do beavers do? Do they also sleep? Come find out by stepping into the life of the Beaver family, in this theatrical event for families, acted by kids. Bring your own chairs.

## Info-Nature Time

Info-Nature Time is your opportunity to meet a park warden–naturalist and participate in a mini-information session on one of the park's many assets. Feel free to ask your nature-related questions. This spring, the topic will be "What Lives in the Park's Forests?" During the summer, various topics will be addressed. In the fall, we will unravel the "Mysteries of the Fall Season".

# YOUR HIKING GUIDE

Reference on the map	Discovery	Your hiking trail	Walking distance and duration	Round trip	Loop	Level	Gradient in meters	Departure Point
1		<b>La Chute-du-Diable</b> - What an unforgettable sight-churning white water hurling down narrow gorges.	1,4 km 30 min	X		E		Chute du Diable parking lot 7 km north of Discovery Centre
2		<b>Les Chutes-Croches</b> - A series of cascades and swirls gushing beneath a bridge and rushing past a belvedere.	720 m 20 min	X		E		Chutes-Croches parking lot 5 km north of Discovery Centre
3		<b>La Roche</b> - A panoramic view of the Lac Monroe glacier valley and Mont Tremblant ridge.	5,4 km 2 h	X		A	250	Discovery Centre
4		<b>La Coulée</b> - La Roche and La Corniche lookouts are linked by the Coulée trail.	8,2 km 2 h 45		X	A		Discovery Centre
5		<b>La Corniche</b> - A superb view of the Lac Monroe glacier valley and Mont Tremblant ridge.	3,4 km 1 h 30	X		A	150	Corniche parking lot 1,7 km north of Discovery Centre
6		<b>Le Lac-Poisson</b> - Maples and yellow birches, awe-inspiring cliffs, a solitary lake, a crystal-clear waterfall.	7,4 km 2 h 30	X		A	180	Discovery Centre
7		<b>Le Bois-Franc</b> - A magnificent forest, gently rolling terrain, a lakeside hut where you can stop and rest.	12,2 km 4 h		X	A		Lac-Monroe Visitors Centre
8		<b>Le Malard</b> - A suggestion—stop for a bite to eat at the Ouache hut and admire the extraordinarily beautiful setting.	13,1 km 4 h 30		X	D	280	Lac Malard parking lot
9		<b>L'Ours</b> - A beautiful climb to Lac à l'Ours, passing by the Renardière hut.	13,5 km 4 h 30		X	D	220	Discovery Centre
10		<b>Le Toit-des-Laurentides</b> - From Ruisseau des Pruches Falls to Johannsen Peak, discover the hidden face of Mont Tremblant.	14,6 km 6 à 7 h	X		D	595	La Sablonnière parking lot 7 km south of Discovery Centre
11		<b>Le Centenaire</b> - A top Mount Vache Noire, this trail offers a series of spectacular views of the meandering Rivière du Diable and the Boulé woods. <b>La boucle du Centenaire</b> (3 à 4 h - 9,6 km)*	14,3 km 4 à 5 h		X	D	430	La Sablonnière parking lot 7 km south of Discovery Centre
12		<b>Le Lac-des-Femmes</b> - Why do woodpeckers drill into the bark of trees? Where does the name Lac des Femmes (Women's Lake) come from? The answers to these and many other questions are hidden along the trail.	3,1 km Duration depends on halts		X	E		Near Lac-Monroe Service Centre
13		<b>Le Lac-aux-Atocas</b> - Lakes, rivers, brooks, bogs—water in the park is plentiful. Listen to its stories along the way.	1,5 km Duration depends on halts		X	E		Lac Chat parking lot 3 km south of Discovery Centre on route 1
19		<b>La Boucle des Chutes-Croches</b> - Stopover at the Chutes Croches (falls).	13,4 km R - 4 h V - 1 h		X	E		Discovery Centre
20		<b>La Renardière</b> - Stopover at the Renardière hut.	6,2 km 30 min		X	E		Discovery Centre
21		<b>Lac-Brochet</b> - Stopovers at the Chutes à l'Ours (falls) and the La Cache hut.	33,2 km 2 h 45	X		A		Lac Malard Parking lot
22		<b>Le Boulé</b> - Stopover at the Campe hut.	26,8 km 2 h 30	X		A		Discovery Centre
23		<b>Le Ruisseau-aux-Mûres</b> - Stop overs at the Lac-Caché picnic area and at Rocher-de-l'Indien.	12,6 km	X		A		La Cachée Information Kiosk
14		<b>La Chute-aux-Rats</b> - A 17.4 m waterfall that springs from the forest.	9 km 3 h	X		E		La Pimbina Information Kiosk
15		<b>Le Carcan</b> - The second-highest peak in the park, visiting several irresistibly beautiful waterfalls along the way.	14 km 5 à 6 h	X		D	435	Route No. 3 towards Lac des Cyprès, about 13 km from the Pimbina Information Kiosk.
17		<b>L'Envol</b> - Discover the mountain forest of maple and yellow birch typical of Parc national du Mont-Tremblant and contemplate the Pimbina valley from a lookout. A walk, a climb, then flight...	4 km 1 h 45	X		A	197	L'Envol parking lot; 400 m north of La Pimbina Information Kiosk
24		<b>Lac-Cassagne</b> - Stopovers at the Geai-Bleu and Lariou huts.	16 km		X	A		La Pimbina Information Kiosk 500m vers le nord sur la route 3
25		<b>La Descente</b> - Stopover at the Geai-Bleu hut.	8,5 km 45 min		X	A		La Pimbina Information Kiosk 500m vers le nord sur la route 3
16		<b>Les Grandes-Vallées</b> - Variations in green and blue—after a trek through the forest.	4,6 km 2 h	X		A	220	Grandes-Vallées parking lot 9,4 km north of L'Assomption Information Kiosk
18		<b>Le Lac-de-L'Assomption</b> - A delta teeming with life, the changing face of a brook, a shelter on stilts for observing great blue herons, common loons and other wild inhabitants of the bay.	3 km 2 h		X	E		Picnic area of Lac-de-L'Assomption; 15 km north of L'Assomption Information Kiosk
26		<b>La Boucle du Lac-de-L'Assomption</b> - Picnic stop at Baie-Ronde.	7 km R - 2 h V - 45 min		X	A		Picnic area of Lac-de-L'Assomption; 15 km north of L'Assomption Information Kiosk

La Diable sector
  La Pimbina sector
  L'Assomption sector

mobile application
 Flyer
 B - Bike
 H - Hiking
 E - Easy
A - Average
D - Difficult

# THE DIABLE VIA FERRATA

**Very popular activity reservation required!**



## NEW THIS YEAR

Even more evening departures and an all-new intermediate route that's worth checking out! Get information on the departures at the Information Kiosks.

The Via Ferrata is a journey over the rock face of La Vache Noire, located at the entrance to the La Diable Sector. It's the perfect activity for people who enjoy beautiful vistas. A professional guide accompanies you throughout the activity. Beams, footbridges and suspension bridges will spice up your aerial escapade. From a 200-metre altitude, you will see Mont Tremblant's northern highlands, the sinuous Rivière du Diable and the vastness of the Laurentian hills. It's a memory you won't soon forget. No experience necessary. All equipment provided. Go ahead...give it a try!

Experience	Degree of Difficulty	Approx. Time	Max. People per Group	Rates (taxes and entry fee not included)	
				Adult	Children
The Excursion	Beginner	3 h	8	\$39 (16 and over)	\$30* (8 to 15)
L'intermédiaire	Intermediate	4 h	8	\$52 (16 and over)	\$39* (14 and 15)
Grande Virée	Advanced	5 h	8	\$65 (16 and over)	\$49 (14 and 15)
Night	Advanced	4 h 30	8	\$59 (16 and over)	\$44.25 (14 and 15)

\* Children aged 8 to 11 may take part in "family" departures only. Find out about the departures times at any information kiosk.

**Important: For all departures, the minimum height is 4 ft. 4 in. and the maximum weight is 220 lbs. Find out about other special conditions in one of the park's Information Kiosks.**

## An Experience to Enjoy Time and Time Again

Open in 2013: June 8-9 and from June 15 to September 2. From September 7 to October 14: on Saturdays, Sundays and holidays (weekdays for groups of 8 people). **Get information on departure times at any Information Kiosk.**

**AVENTURE ÉCOTOURISME QUÉBEC AT  
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# GENERAL MAP

## PARC NATIONAL DU MONT-TREMBLANT

### Emergency Radio



In case of an emergency, from June 15 to September 2, 2013, you can get in touch with a park warden by using the emergency radios available at the Lac-Monroe Visitors Centre, the Pimbina, L'Assomption, Lac-Escalier, and Lac-des-Sables information kiosks, as well as the Grand-Pin Campground.

### ACTIVITIES AND SERVICES OFFERED IN THE SECTORS

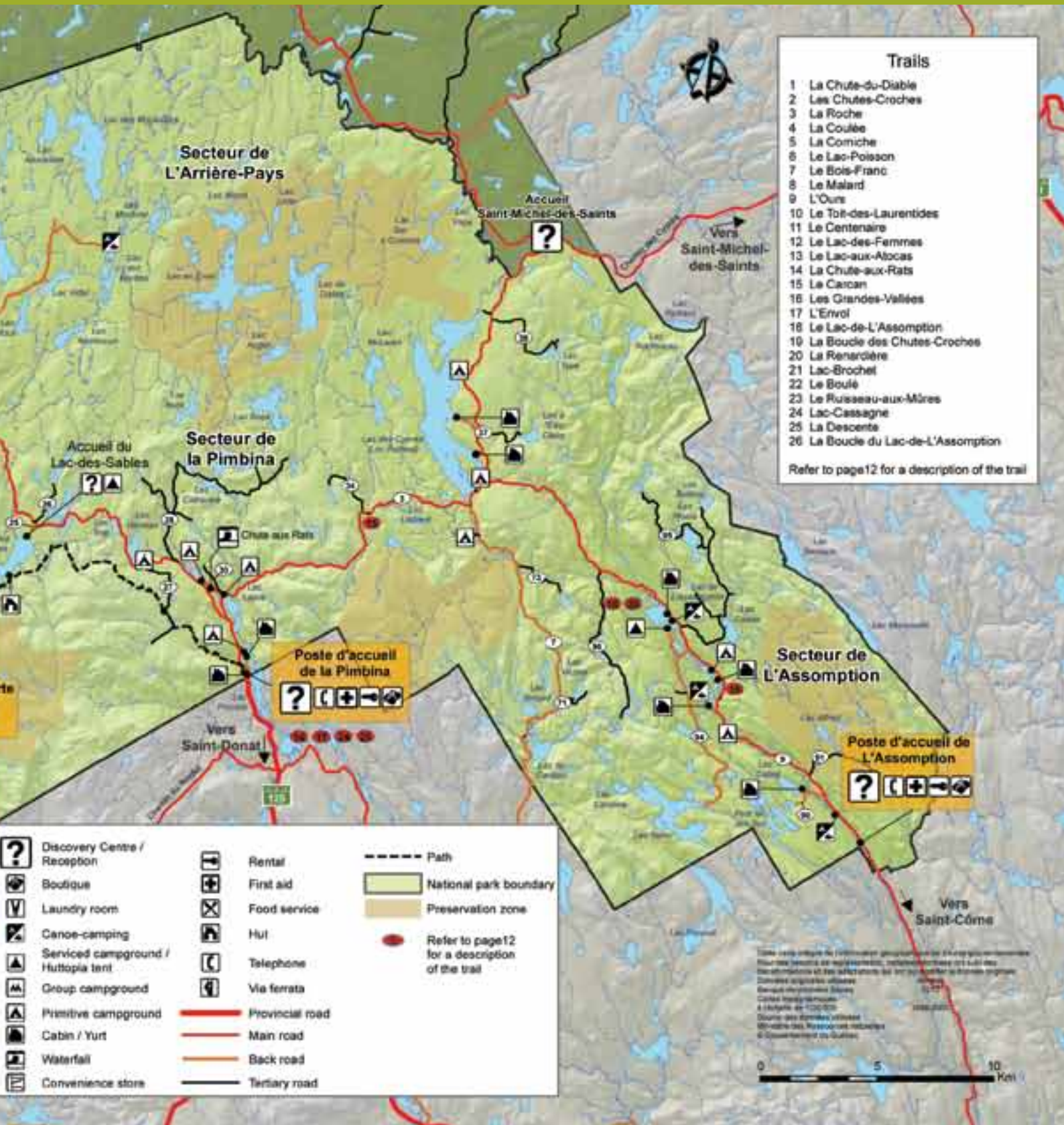
		La Diabie	Lac-Escalier	Lac-Caché	La Pimbina	Lac-des-Sables	L'Assomption
• Offered	Not Offered						
Nature Interpretation		•			•		•
Canoeing		•	•	•	•	•	•
Via Ferrata		•					
Picnic Area		•	•	•	•	•	•
Swimming		•			•		
Bicycle Trail		•		•	•		•
Fishing		•	•	•	•	•	•
*Cross Country **Nordic Skiing		*		**	**		
Snowshoeing		•			•		
Lookout		•	•	•	•		•
First Aid		•	•	•	•	•	•
Telephone		•	•	•	•	•	•
Emergency Radio		•	•		•	•	•
Laundry		•			•		
Convenience Store		•	•	•	•	•	•
Ready-to-Eat Counter		•			•		
Equipment Rental		•	•	•	•	•	•
Boutique Nature Gift Shop		•	•		•	•	•

■ La Diabie sector   ■ La Pimbina sector   ■ L'Assomption sector



**General Park Map & Canoe Camping Map available at the Information Kiosks**





# WATER ACTIVITIES

For an even richer experience, opt for a guided trip downriver in the company of a park warden—naturalist. Details on page 9

## Canoe-Camping on Lakes and Rivers

Some lakes—Lac Escalier, Lac Rossi, Lac de la Savane and Lac L'Assomption—have campsites that can only be accessed over water. Our package includes the canoe, lifejackets, paddles, the campsite and a provision of firewood.

2 days/1 night **\$ 42** /personne

3 days/2 night **\$ 69.50** /personne

4 days/3 night **\$ 94.50** /personne

For camping trips while river canoeing, Rivière du Diable is a highly popular choice. This 25-km route offers a wide variety of campsites along the water. Transportation is provided from the Lac Monroe Visitors' Centre. Get information about departure times at the Information Kiosks or on our website: [www.parcsquebec.com/monttreblant](http://www.parcsquebec.com/monttreblant)

## Canoe Trip Downriver for All

An unguided trip down the Méandres de la Diable, the winding section of the river, is the perfect aquatic activity to take full advantage of the river and its meanders. This half-day trip by canoe or kayak will amaze you with its spectacular scenery. The river's sandy shores will invite you to take a break, relax, and admire the rock face or aquatic life. Transportation inside the park and all nautical equipment included.

Every day from May 11 to October 14!

Canoe **\$ 50**

Simple Kayak **\$ 38**

Double Kayak **\$ 50**

Rivière L'Assomption: Another route to discover! Information available from the Information Kiosks.



## Rental

Canoes, kayaks, pedal boats, rowboats: our rental services offer all these options for your water activities.

- Lac-Monroe Visitors Centre
- La Crémaillère beach\*
- Lac-Escalier Campground\*
- Lac-des-Sables Campground\*
- La Pimbina Information Kiosk
- Lac-Provost beach\*
- L'Assomption Information Kiosk
- Grand-Pin Campground\*
- La Cachée Information Kiosk\*

\* Open from mid-June to Labour Day

See page 21 for rental rates !


# EXTEND YOUR STAY

## CABINS TO SUIT EVERY TASTE

Yes, it's possible to have a comfortable stay in nature! Our cabins are all located near water and several are open in winter as well as summer. Ranging in capacity, accommodating two to ten people, a cabin is the perfect place for a stay with friends or family or for a romantic getaway.

### NATURE CABINS

Our Nature Cabins are waiting just for you. Located at the heart of the activities, they are the perfect base camp for your excursions. There are five Nature Cabins on the shores of Lac-Chat in the La Diable Sector, and five more along the shores of Lac Provost in the La Pimbina Sector.

From  **\$41.25** / per person, per night  
quad occupancy



### EXP.


Original architecture, comfort and close contact with nature combine to provide you with an unforgettable EXPerience, in this new generation of accommodations. Suitable for two people (and two small children) at an affordable price. On the shores of Lac Monroe in the La Diable Sector.

 **NEW! WATCH FOR THEIR ARRIVAL**

### YURT STAYS

The yurt provides you with all the equipment you need for an enjoyable stay in nature. The park offers five yurts located close to all services, on the shores of Lac Provost, in the La Pimbina Sector. Feel like a change of scenery? The four yurts on the shores of the majestic Lac des Cyprès, in the L'Assomption Sector, are just the thing!

**Also available: yurt/canoe package.**

 **\$33.50** / per person, per night  
quad occupancy



# WHAT TO DO IN SUMMER

## TWO-WHEELING

Does the idea of a peaceful bicycle ride appeal to you? In the La Diable Sector, we recommend La Boucle des Chutes-Croches. This magnificent 13.4-km trail looping around Lac Monroe will bring you to a footbridge with a dramatic view of the Chutes-Croches waterfall. Departure from the Discovery Centre.

In the L'Assomption Sector, cyclists are sure to enjoy La Boucle du Lac-de-L'Assomption. This 7-km trail is a challenge with its rises and dips through an Eastern white cedar forest. Departure from the Lac-de-L'Assomption picnic area.



## FISH TALES

There are over 50 lakes available for fishing lake trout, brook trout, northern pike and walleye. A fishing permit and fishing fee are required. Don't forget to ask the staff at our Information Kiosks for their advice and secret tips!



## A DAY AT THE BEACH

If you feel like enjoying a swim and some sunshine, visit La Crémaillère Beach in the La Diable Sector, or Lac Provost Beach in the La Pimbina Sector.



## PICNICS

Feeling a little hungry? The park has about 20 picnic areas. Ask the staff at our Information Kiosks to help you pick the perfect spot.



## BACKCOUNTRY EXPEDITIONS

The backcountry is perfect for hikers who love adventure and who enjoy getting off the beaten path with a GPS in hand. The park's backcountry sector provides access to the preservation area, with its large lakes and the Sac-à-Commis stream. This sector, fitted out by the forestry industry before the early 1990s, includes a maze of ancient roads that nature is reclaiming little by little. You must have an access permit to go into this area.



Information  
on our website  
or at the  
Information  
kiosks

# WHAT TO DO IN WINTER

## Mobile Application

Consult snow and trail conditions with our app. Available from the App Store.



## LA DIABLE SECTOR

This sector offers some 40 linear kilometers of cross-country ski trails that are machine-groomed in winter. Traditional cross-country skiers will love the quality of our trails. The La Diable Sector may be ideal for cross-country skiers, but snowshoers also have it good. The sector offers nearly 27 km of trails to suit every taste and every skill level.

### You could make the fun last longer with a... Winter Overnight Cross-Country Skiing Package

In the La Diable Sector, this package is the best way to take full advantage of our machine-groomed cross-country ski trails and our wood-heated huts. Package includes:

- One night's stay in a hut
- Two access passes to the machine-groomed cross-country ski trails
- Mezzanine with mattress
- Wood heating



## LA PIMBINA SECTOR

La Pimbina is taking on a more important role, with a vast offering of trails for winter enthusiasts who enjoy snowshoeing. Magnificent views await you, and you can take a snack break at one of our huts. The La Pimbina Sector is also perfect for experienced backcountry skiers, on trails that are not machine groomed and not patrolled. For seasoned athletes!

### Yurt and Snowshoe Package

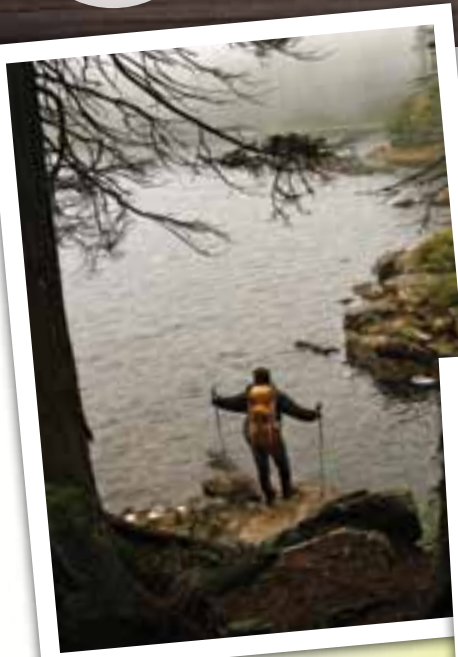
The park offers you the opportunity to stay in one of five yurts near the shores of Lac Provost. A stay in a yurt, combined with a day of snowshoeing, promises visitors a thrilling winter experience.

15 NEW CABINS open during winter!  
Make it your cozy base camp for enjoying the winter season.





# CONGRATULATIONS TO THE WINNERS OF THE PHOTO CONTEST 2012-2013 !



**Zoom on outdoor activities**  
**Anne Deslauriers**  
Lac du Chevreuil

**Zoom on lakes and rivers**  
**Brigitte Godmaire**  
Lac Monroe



**Zoom on forest and mountains**  
**Natacha Gagné**  
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# RATES

None of the packages indicated in this Journal include taxes or reservation fees unless otherwise indicated.

ACTIVITY OR LODGING	RATES (TAXES NOT INCLUDED)
<b>Camping</b> <ul style="list-style-type: none"> <li>• Three services</li> <li>• Two services (water and electricity)</li> <li>• One service (electricity)</li> <li>• Semi-serviced</li> <li>• Primitive</li> <li>• Group</li> </ul>	Camping: 10% discount for customers aged 65+, on weekdays from opening to June 15 and on weekdays from August 15 to closing. \$42.00 /night/site \$37.75 /night/site \$35.25 /night/site \$28.50 /night/site \$22.25 /night/site \$5.75 /night/child under 18; \$6.75/night/adult
<b>Yurt</b>	\$134.00 /nuit pour 4 personnes (été et automne)
<b>Cabins</b>	Starting at \$133/night, depending on cabin capacity and season
<b>Canoe-Camping</b>	\$28.75 /night/site, including a bag of wood
<b>Backpacking Huts</b>	\$24.50 /person (summer and fall)
<b>Fishing</b>	\$17.32 /person/day

EQUIPEMENT RENTAL			
	Day	4 h	1 h
Rowboat	\$40.25	\$27.50	\$13.75
Canoe	\$43	\$30.25	\$15.25
2-Seater Pedal Boat	\$43	\$30.25	\$14.75
4-Seater Pedal Boat	\$51.50	\$36.25	\$18.25
Solo Kayak	\$38.50	\$27	\$13.50
Tandem Kayak	\$46.50	\$32.75	\$16.50
Rabaska Canoe	\$185.75	\$130	\$65
Adult Bike	\$35.75	\$25	\$12.50
Mountain Bike	\$45.50	\$32	\$16
Child Bike	\$17.25	\$12.25	\$7.25
Lifejacket	\$5.75		

Prices and services are subject to change without notice



## DISCOVER THE FONDS PARCS QUÉBEC COLLECTION AND DO YOUR PART FOR CONSERVATION!

One dollar will be donated to Fonds Parcs Québec for each item purchased.

Donations to Fonds Parcs Québec serve to support the conservation of Québec's national parks. Through the funding of research, knowledge acquisition, and species population monitoring and inventory, vital data are obtained to particularly safeguard plant and animal species.

The collection is available at the Boutique Nature shop.





fondsparcsquebec.com





## Huttopia

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Each unit includes:

- two big beds
- supplementary heating and lighting
- a propane-operated warming tray and a mini-fridge
- everything you need to prepare meals

**2013 SEASON**

**80 new tents**

**2 new destinations:**

- Îles-de-Boucherville
- Lac-Témiscouata

LOW SEASON <sup>(1)</sup>

**\$99** /night

HIGH SEASON <sup>(2)</sup>

**\$116** /night

Capacity of 5 people (max. 4 adults)

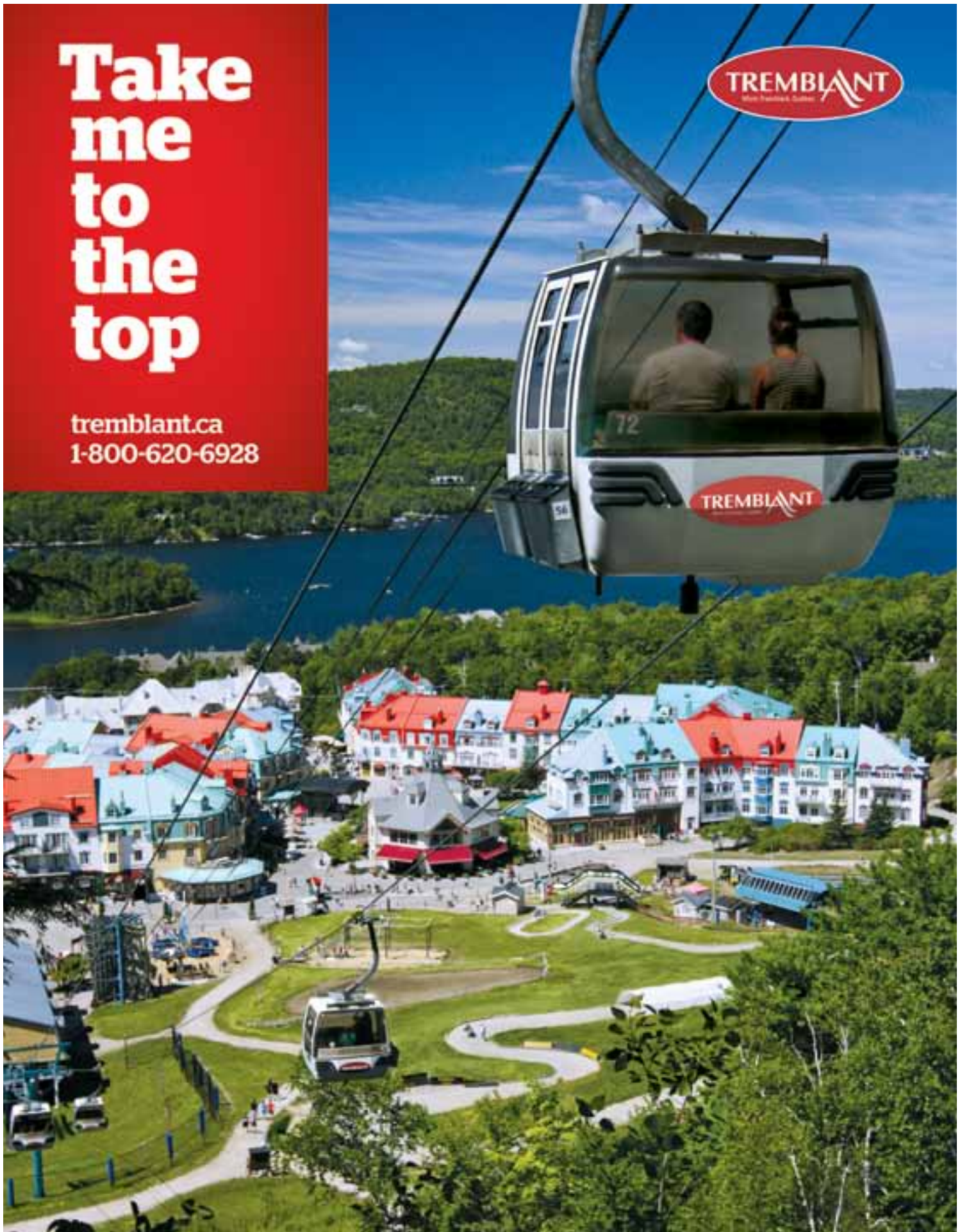
(1) From Sunday to Thursday until June 20, 2013 and from September 8, 2013.

(2) Fridays, Saturdays, holidays and every day from June 21, 2013 to September 7, 2013. Taxes and entrance fee not included

Online reservation: [parksquebec.com/huttopia](http://parksquebec.com/huttopia)

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91 other models in-store

The logo for the brand ELIE, featuring a stylized 'E' with a circular element inside, followed by the word 'ELIE' in a bold, italicized sans-serif font.

The logo for SAIL, with the word 'SAIL' in large, bold, green letters. The letter 'A' is replaced by an orange triangle containing a white silhouette of a person climbing a rock.

THE OUTDOORS SUPERSTORE

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